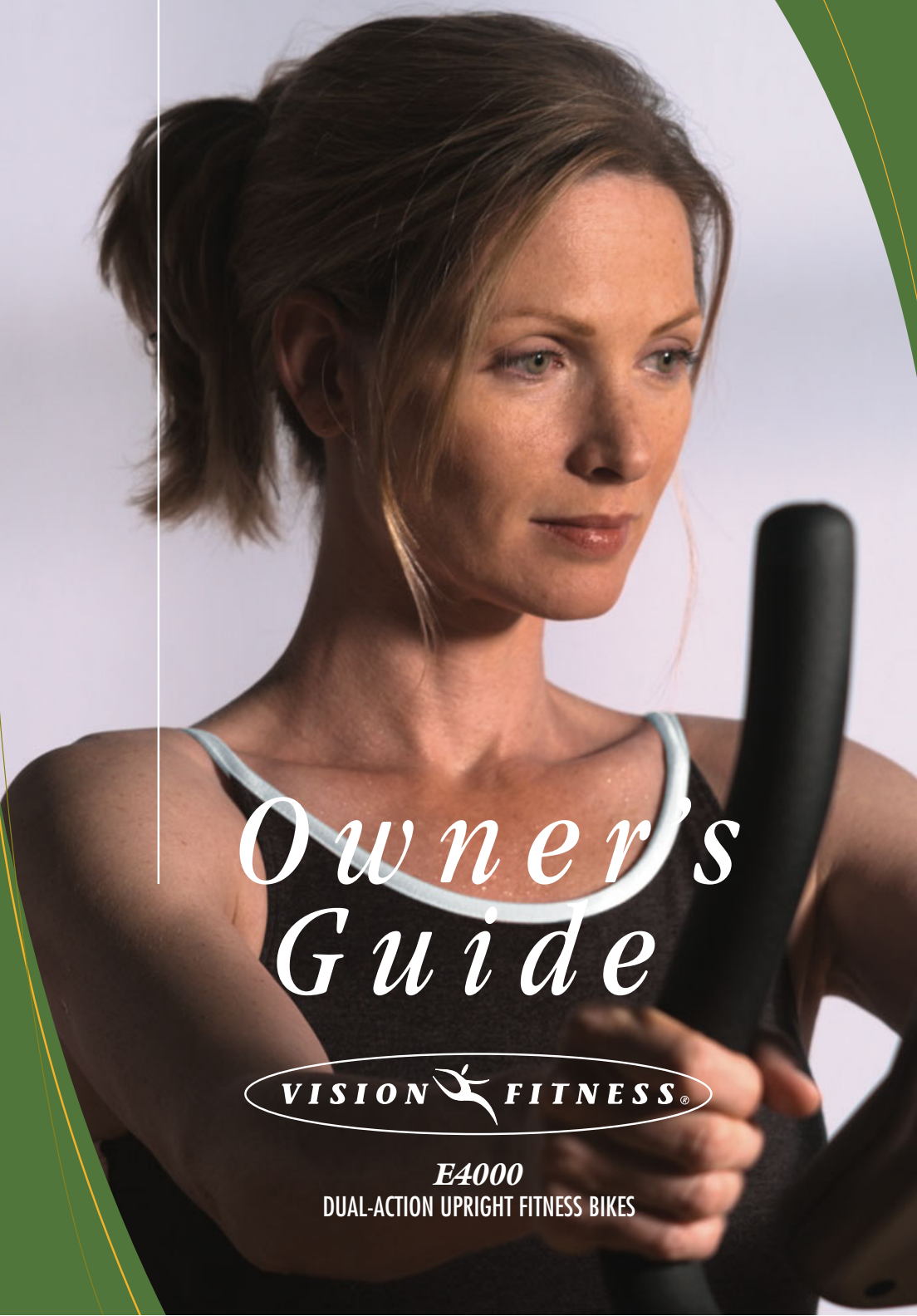


Owner's Guide

VISION FITNESS®

E4000

DUAL-ACTION UPRIGHT FITNESS BIKES

*C*ongratulations on choosing a VISION FITNESS Bike. You've taken an important step in developing and sustaining an exercise program! Your Bike is a tremendously effective tool for achieving your personal fitness goals. Regular use of your Bike can improve the quality of your life in so many ways…

Here are just a few of the health benefits of aerobic exercise:

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels
- Reduced Stress
- Help In Countering Anxiety and Depression
- An Improved Self Image

The key to reaping these benefits is to develop the exercise habit. Your new Bike will help you eliminate the obstacles that prevent you from getting in your exercise time. Snow and rain and darkness won't interfere with your workout when you have your Bike in the comfort of your home. This Owner's Guide provides you with basic information on starting an exercise program. A more complete knowledge of your new Bike will assist you in realizing your goal of a healthy lifestyle.

Some kinds of service to your Bike should only be performed by your VISION FITNESS retailer. Please contact your authorized VISION FITNESS retailer should service be required. If a question or problem arises which cannot be handled by your VISION FITNESS retailer, please contact us:

VISION FITNESS
500 South CP Avenue
P.O. Box 280
Lake Mills, WI 53551
Ph: 1.800.335.4348
Fax: 1.920.648.3373
www.visionfitness.com

Table of Contents

ALL MODELS

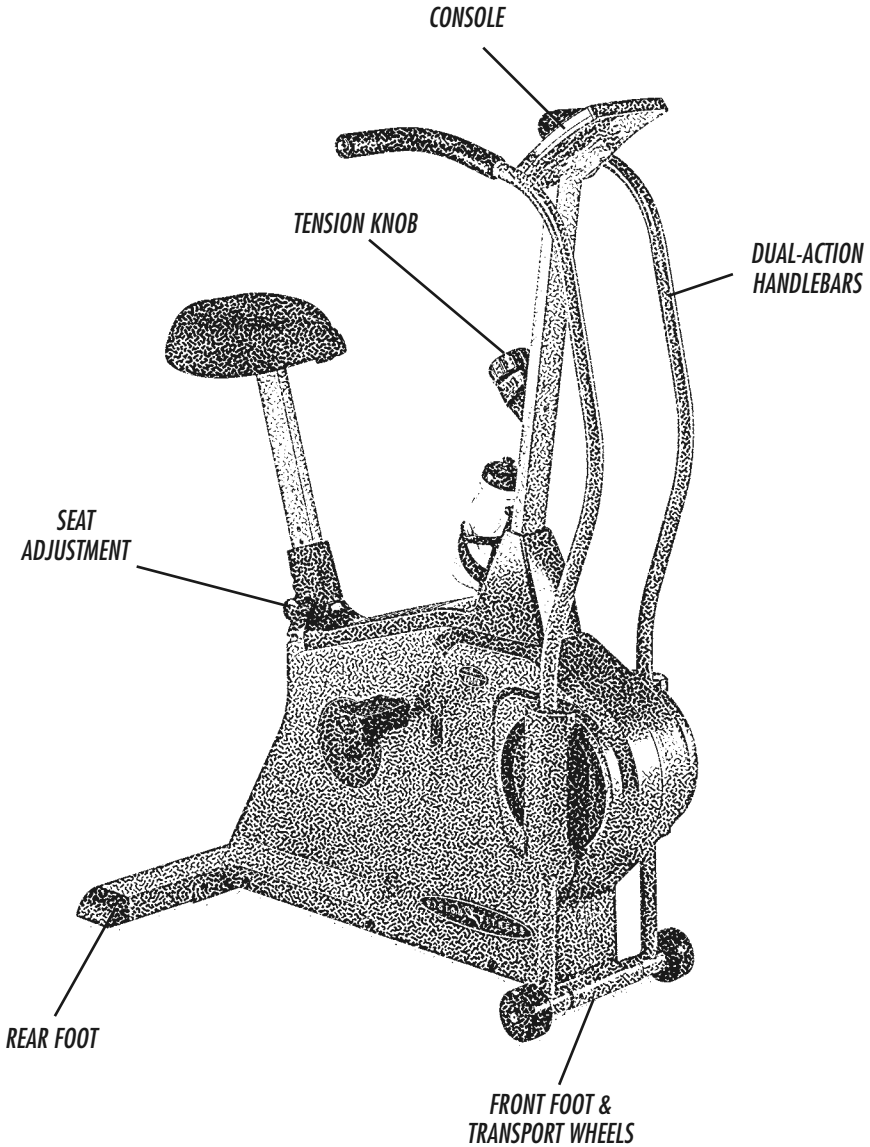
SAFETY INSTRUCTIONS 4
ASSEMBLY & MOVING 6
PLACEMENT & STABILIZING 7
SEAT ADJUSTMENTS 8
BENEFITS OF THE *E4000* 9

E4000

DISPLAY CONSOLE OVERVIEW 10
DISPLAY CONSOLE DESCRIPTIONS . . 11
USING THE CONSOLE 12
CHANGING RESISTANCE,
BATTERY REPLACEMENT 13

GENERAL

TROUBLESHOOTING:
BIKES 14
COMMON BIKE QUESTIONS 16
HOME WARRANTY 18
CORPORATE WARRANTY 20
DEVELOPING FITNESS PROGRAM . . . 22
EXERCISE GUIDELINES 23
TARGET HEART RATE 24
RATE OF PERCEIVED EXERTION 25
BALANCED FITNESS 26
STRETCHING 27
WEEKLY WORKOUT LOGS 30
MONTHLY WORKOUT LOGS 32



E4000

DUAL-ACTION UPRIGHT FITNESS BIKES

IMPORTANT SAFETY INSTRUCTIONS
SAVE THESE INSTRUCTIONS

When using an electrical product, basic precautions should always be followed, including the following:
Read all instructions before using this exercise product.

WARNING! To reduce the risk of burns, fire, electrical shock or injury to persons:

- Use this exercise product for its intended use as described in this Owner's Guide. Only use attachments recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Do not remove the Bike sidecovers. Service should be performed only by an authorized VISION FITNESS retailer.

CHILDREN

- Keep children off of your Bike at all times.
- When the Bike is in use, young children and pets should be kept at least 10 feet away.

OTHER SAFETY TIPS FOR YOUR VISION FITNESS BIKE

CAUTION! If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.

- Do not wear loose clothing that might catch on any part of your Bike.
- Read this Owner's Guide before operating your Bike.
- Drink plenty of fluids during your workout.

CLEANING

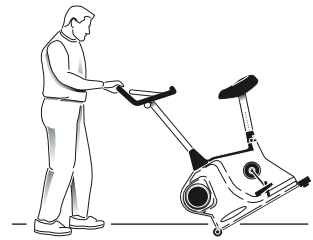
- Clean only with soap and a slightly damp cloth; never use solvents.

ASSEMBLY

It is recommended, when possible, that an authorized VISION FITNESS retailer assemble your Bike. If you have elected to assemble this product yourself, for your safety, please read and follow each of the steps in the enclosed assembly instructions. If you have any questions regarding any component or function of your Bike, contact your retailer.

MOVING

Your VISION FITNESS Bike has transport wheels included for ease of mobility. To move your upright Bike, firmly grasp the handlebars, carefully tip toward you, and roll on the transport wheels.



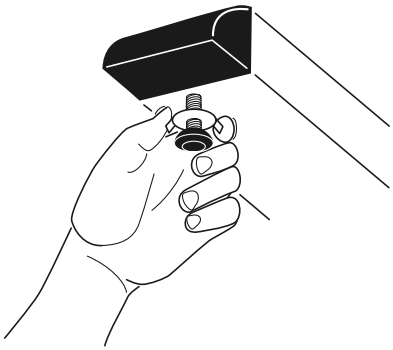
CAUTION: Our Bikes are well-built and heavy, weighing up to 140 pounds! Use care and additional help if necessary.

PLACEMENT IN YOUR HOME

Please follow the safety instructions to place your Bike in the location where it will best be used. It is important that you place your Bike in a comfortable and inviting room. Avoid putting your Bike in an unfinished basement or undesirable setting. Exercise adherence will be achieved only if you exercise in an attractive setting.

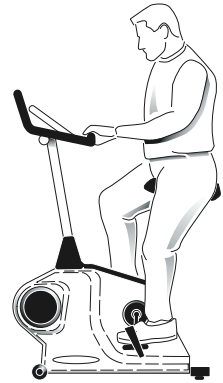
STABILIZING THE BIKE

After positioning your Bike in its intended location, check its stability by attempting to rock it side to side. Rocking or wobbling indicates that the Bike needs to be leveled. Determine which leveler is not resting completely on the floor. Loosen the wing nut at the base of the leveler to allow the leveler to rotate. Now rotate the leveler to the left or right until your Bike is stable. Lock the adjustment by tightening the wing nut against the rear foot support.



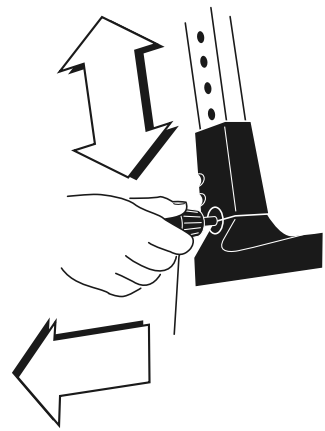
SEAT POSITIONING

To determine proper seat position, sit on the seat and position the ball of your foot on the center of the pedal. Your knee should bend slightly at the furthest pedal position. You should be able to pedal without locking your knees or shifting your weight from side to side.



SEAT ADJUSTMENT

This Bike features a locking seat adjustment pin to easily and safely adjust the seat height. To adjust, loosen the adjustment knob by turning it two half turns counter-clockwise. Pull out the knob to unlock the post, and adjust the post up or down to the desired setting. Release the knob to lock in place. Turn the knob clockwise until tightened. Please check to be sure seat post is locked in place before each use.



BENEFITS OF THE *E4000* DUAL-ACTION BIKE

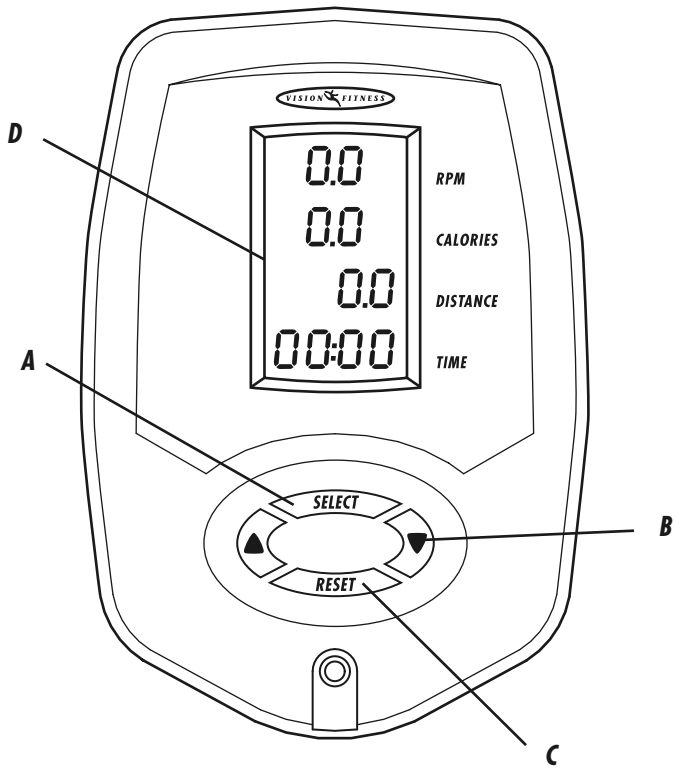
By combining upper and lower body exercises in one machine, you get total body benefits from every workout.

The *E4000* is also a great choice for rehabilitation patients. The dual-action design lets you use either upper-body or lower-body to produce most of the work, while helping to strengthen or increase range of motion to the other.

DISPLAY CONSOLE

DISPLAY CONSOLE OVERVIEW

The computerized display allows the user to select a workout that meets their desired fitness goals. It also allows the user to monitor the progress and feedback of each workout so they can track improvements in overall fitness over time.



DISPLAY CONSOLE DESCRIPTIONS

A. **SELECT KEY**
Select the function to be preset

B. **ARROW KEY**
Press to increase or decrease the preset values of TIME, DISTANCE, or CALORIES

C. **RESET KEY**
Reset all the display values to zero except ACCUMULATED DISTANCE

D. **FEEDBACK DISPLAY**
During your workout, this window displays exercise feedback about your workout, including:

RPM: the pedal rate or Revolutions Per Minute (RPM).

CALORIES: an estimate of calories burned since the beginning of the workout.

DISTANCE: the total distance traveled in miles or kilometers since the start of your workout.

TIME: the time elapsed or the time remaining in your workout.

ACCUMULATED DISTANCE: press and hold the RESET key. The time window will display ACCUMULATED DISTANCE or total distance users have exercised. After releasing the key, all displays will reset to zero.

USING THE CONSOLE

AUTO POWER ON/OFF

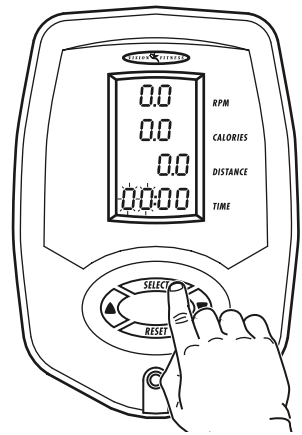
The monitor will be turned on automatically by pressing any key or when you start exercising. It will be turned off automatically if the monitor does not detect a signal within 256 seconds after stopping exercise.

AUTO START/STOP

The moment you start pedaling, the monitor will display the progress of the exercise. When you stop pedaling, all the displays will be frozen until the monitor turns off or you begin to exercise again.

PRESETTING TIME, DISTANCE & CALORIES TARGETS

1. Press the SELECT key until the window which is going to be preset is flashing.
2. Press ▲ or ▼ until desired number is displayed.
3. When you start to exercise, the monitor will begin to count down.
4. It will beep for 12 seconds to indicate the completion of the workout which is preset. Press any key to stop beeping.



NOTE:

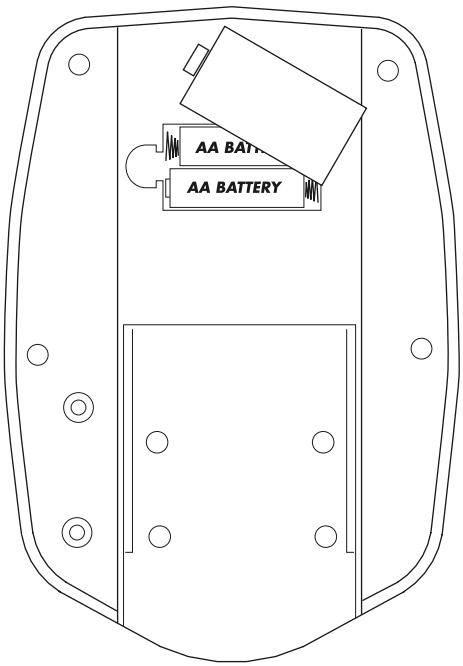
1. It is suggested to preset only one item. If more than one item is preset, the first to reach the value will sound the alarm.
2. After the SELECT key has been pressed and your setting has been made, please do not press the SELECT key again. Instead, wait until the display stops flashing and returns to normal to start exercising.

CHANGING RESISTANCE

There are two ways to increase your workload. You can pedal faster, or you can turn the tension knob which is located below the console. The tension knob will adjust to one of 15 levels of resistance.

BATTERY REPLACEMENT

1. Refer to the illustration below to remove battery cover.
2. Replace 2pcs. of 1.5V AA batteries.
3. Make sure batteries are installed correctly and connected with the battery springs.
4. If the display is illegible or partial segments appeared, please take out the batteries. Wait 15 seconds and then re-install.
5. Battery life is approximately two months under normal usage.
6. When removing the batteries, all functional values will be reset to zero.



TROUBLESHOOTING

Our Bikes are designed to be reliable and easy to use. If, however, you have a problem, these troubleshooting steps may reveal the cause.

PROBLEM: No display on your console.
SOLUTION: Check to make sure the batteries are orientated correctly (+/-).
SOLUTION: Remove the console and check your cable connections, make sure the connections are secure and in the correct orientation.
SOLUTION: Check to make sure the cables are not pinched or damaged.

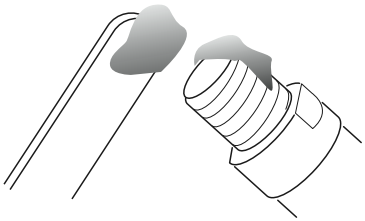
PROBLEM: The TIME function works properly, but the RPM function does not work.
SOLUTION: Remove the console and check your cable connections, make sure the connections are secure and in the correct orientation.
SOLUTION: Check to make sure the cables are not pinched or damaged.
SOLUTION: If you find no problems with the cables or connections it is likely that there is an internal problem with the speed sensor or magnet alignment.

PROBLEM: There is no resistance change when you turn the tension knob.
SOLUTION: Remove the tension knob and check to make sure the cable from the knob is connected and seated to the cable coming from the frame.

PROBLEM: The Bike does not sit level.
SOLUTION: Adjust the levelers on the bottom of the rear stabilizers to assure the product sits level on uneven surfaces.

PROBLEM: The seat moves, or is unstable.
SOLUTION: Make sure the adjustment knob is locked into a hole on the seat post.
SOLUTION: Make sure the seat post is tight by turning the adjustment knob to the right.
SOLUTION: Make sure the seat is securely fastened to the seat post by checking the seat mounting nuts on the bottom side of the seat. Use a 13mm wrench and turn clockwise to tighten.

PROBLEM: The pedals wobble or make a clicking sound.
SOLUTION: Check to make sure the pedals are installed properly and mounted flush to the crank arms.
SOLUTION: Remove the pedals and apply some grease to the threaded portion of the pedal. Re-install the pedals and tighten with a 15mm wrench.



PROBLEM: The Bike makes a squeaking or creaking noise.
SOLUTION: Check and tighten all hardware.

NOTE: If the above steps do not remedy the problem, discontinue use, turn the power off and contact your retailer.

COMMON BIKE QUESTIONS

Q: Are the sounds my Bike makes normal?
A: Our Bikes are some of the quietest available because they use belt drives and magnetic resistance. We use the highest grade European bearings and top quality belts to minimize noise. However, because the resistance system itself is so quiet, you will occasionally hear some slight mechanical noises from the drive train. Unlike older, louder technologies, there are no fans or friction belts to mask these sounds on our Bikes. These mechanical noises, which may or may not be intermittent, are normal and are caused by the transfer of significant amounts of energy to a rapidly spinning flywheel. All bearings, belts and other rotating parts will generate some noise which will transmit through the casing and frame. It is also normal for these sounds to change slightly during a workout, and over time, because of thermal expansion of the parts. Keep in mind that while you workout you're sometimes exerting the equivalent mechanical energy of a washing machine or dryer!

Q: Why is the Bike I had delivered louder than the one at the store?
A: All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. Also, there will be less reverberation on a carpeted concrete floor than on a wood overlay floor. Sometimes a heavy rubber mat will help reduce reverberation through the floor. And finally, if a fitness product is placed close to a wall, there will be more reflected noise.

Q: When should I be worried about a noise?
A: As long as the sounds your Bike makes are no louder than a normal conversational tone of voice, it is considered normal noise. If your Bike is louder than this, you may want to call your service technician. Sometimes an initial diagnosis can be made over the phone.

Q: What kind of routine maintenance is required?
A: We use sealed bearings throughout our Bikes so lubrication is not needed. The most important maintenance step is to simply wipe your perspiration off the Bike after each use.

Q: Will the magnets wear out over time?
A: No, we use permanent magnets that will retain their braking force indefinitely in this application. One of the big advantages of a magnetic brake is its long life since there is no physical contact between the flywheel and the magnet surface.

Q: How long will the drive belt last?
A: The computer modeling we had done indicated virtually thousands of maintenance-free hours. These belts are now used in far more demanding applications such as motorcycle drives.

LIMITED HOME USE WARRANTY

VISION FITNESS extends the following exclusive, limited warranty, which shall apply only to the use of the device in the home, for residential, non-commercial purposes only. Any other use of the device shall void this warranty.

VISION FITNESS hereby extends the following limited warranties for the following components of the device, for the time period indicated:

FRAME - LIFETIME VISION FITNESS warrants the Frame against defects in workmanship and materials for the life of the product, so long as it remains in the possession of the original owner.

ECB-PLUS™ BRAKE - LIFETIME VISION FITNESS warrants the ECB-PLUS™ Magnetic Brake against defects in workmanship and materials for the life of the product, so long as it remains in the possession of the original owner. Only the Brake and Magnet assembly, and no other ancillary components or parts, are covered by this lifetime warranty

ELECTRONICS & PARTS - TWO YEARS VISION FITNESS warrants the Electronic components and all original Parts (other than the ECB-PLUS™ Magnetic Brake) against defects in workmanship and materials for a period of two years from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR - ONE YEAR VISION FITNESS shall cover the Labor cost for the repair of the device for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.

LIMITED HOME USE WARRANTY (continued)

EXCLUSIVE REMEDY

The exclusive remedy for any of the above warranties shall be repair or replacement of defective Parts, or the supply of Labor to cure any defect, provided that Labor shall be limited to one year. All Labor shall be supplied by the local Retailer who sold the Product, and the Product must be located within that Retailer's service area. Products located outside the Retailer's service area will not be covered by the Labor warranty.

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective Frame, ECB-PLUS™ Magnetic Brake, Electronic component, or defective Part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the Fitness Product as sold. The warranty does not apply to damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, or neglect. VISION FITNESS shall not be responsible for incidental or consequential damages. Parts and Electronic components reconditioned to As New Condition by VISION FITNESS or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. Any warranty replacement parts shall be warranted for the remainder of the original warranty term.

VISION FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific legal rights, and your rights may vary from state to state.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to VISION FITNESS before a warranty claim can be processed. You may also register via our website at **www.visionfitness.com.** Inside the enclosed warranty card, you will find a customer survey. Your care in completing the survey will be of value to us in serving you in the future. Comments and suggestions are always welcome. We are certain you will enjoy your new Bike. Thank you for selecting a VISION FITNESS product.

LIMITED CORPORATE WARRANTY

Up to 3 hours use per day

CORPORATE USES DEFINED VISION FITNESS warrants the model *E4000* for use in light commercial facilities including: Hotels; Resorts; Police & Fire Stations; Apartment Complexes; Corporate Fitness Centers; Hospitals; Rehabilitation and Sports Medicine Clinics, where average use is up to three hours per day. Not warranted for private Health Clubs, YMCA's or Schools.

FRAME, ECB-PLUS™ BRAKE, ELECTRONICS & PARTS - ONE YEAR

VISION FITNESS warrants the Frame, ECB-PLUS™ Magnetic Brake, Electronic components and all original Parts against defects in workmanship and materials for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR - ONE YEAR VISION FITNESS shall cover the Labor cost for the repair of the device for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.

EXCLUSIVE REMEDY

The exclusive remedy for any of the above warranties shall be repair or replacement of defective Parts, or the supply of Labor to cure any defect, provided that Labor shall be limited to one year. All Labor shall be supplied by the local Retailer who sold the Product, and the Product must be located within that Retailer's service area. Products located outside the Retailer's service area will not be covered by the Labor warranty.

LIMITED CORPORATE WARRANTY (continued)

Up to 3 hours use per day

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective Frame, ECB-PLUS™ Magnetic Brake, Electronic component, or defective Part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the Fitness Product as sold. The warranty does not apply to damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, or neglect. VISION FITNESS shall not be responsible for incidental or consequential damages. Parts and Electronic components reconditioned to As New Condition by VISION FITNESS or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. Any warranty replacement parts shall be warranted for the remainder of the original warranty term.

VISION FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific legal rights, and your rights may vary from state to state.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to VISION FITNESS before a warranty claim can be processed. You may also register via our website at **www.visionfitness.com**. Inside the enclosed warranty card, you will find a customer survey. Your care in completing the survey will be of value to us in serving you in the future. Comments and suggestions are always welcome. We are certain you will enjoy your new Bike. Thank you for selecting a VISION FITNESS product.

DEVELOPING A FITNESS PROGRAM

By purchasing this piece of VISION FITNESS exercise equipment, you have made a commitment to exercise and now have the convenience of exercising in your own home. Your new equipment offers the flexibility to exercise at whatever time suits you best. It will be easier to maintain a consistent exercise program that will help you achieve your fitness goals.

ACHIEVING YOUR FITNESS GOALS

An important step in developing a long-term fitness program is to determine your goals. Is your primary goal to lose weight? Improve muscle tone? Relieve stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. If possible, try to define your personal goals in precise, measurable terms over specific periods of time. Examples of these goals might include:

- Decrease your waistline by two inches over the next two months.
- Run the local 5K race this summer.
- Get 30 minutes of cardiovascular exercise at least five days per week.
- Improve your race time by two minutes over the next year.
- Move from walking a mile to jogging a mile within the next three months.

The more specific the goal, the easier it will be to track your progress. If your goals are long-term, divide them into monthly and weekly segments. Long-term goals can lose some of the motivational benefits. Short-term goals are easier to achieve and will allow you to see the progress you are making. Every time you reach a goal, it is important to set a new goal. This will lead to a healthier lifestyle and will provide the motivation that you will need to move forward.

TRACK YOUR PROGRESS

Now that you have set your exercise goals, it is time to write them down and make an exercise schedule that will help you achieve them. By keeping a fitness diary, you will stay motivated and know where you are in terms of reaching your goals. As time goes on, you will be able to look back with pride to see how far you've come. For your convenience, we have included exercise log sheets at the end of this manual.

EXERCISE GUIDELINES

EXERCISE DURATION

A common question asked is, "how much exercise do I need?" We recommend following the guidelines set up by the American College of Sports Medicine (ACSM) for healthy aerobic activity.

- Exercise three to five days per week.
- Warm up for five to 10 minutes before aerobic activity.
- Maintain your exercise activity for 30 to 45 minutes.
- Gradually decrease the intensity of your workout, then stretch to cool down during the last five to 10 minutes.

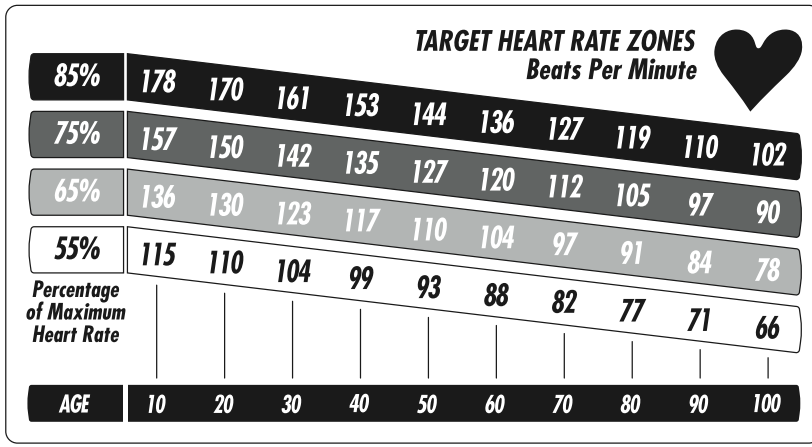
If weight loss is a major goal, participate in your aerobic activity at least 30 minutes for five days each week.

EXERCISE INTENSITY

The next question asked is, "how hard do I need to work out?" To reap the most cardiovascular benefits from your workout, it is necessary to exercise within a recommended intensity range. We recommend using one of two methods to measure exercise intensity. These two methods are performed by monitoring your exercise heart rate or by using the Rate of Perceived Exertion (RPE).

TARGET HEART RATE

Target Heart Rate is a percentage of your maximum heart rate. Target Heart Rate will vary for each individual depending on age, current level of conditioning, and personal fitness goals. Exercise heart rate should range from 55% to 85% of your maximum heart rate. As a point of reference, we use the predicted maximum heart rate formula of (220 minus age) to determine your heart rate training zone. Please use the following chart to determine your predicted Target Heart Rate.



EXAMPLE:

If you are a 30-year-old, your predicted maximum heart rate is 190 based on the (220 minus age) formula.

$$220 - 30 = 190$$

Based on the chart above, your heart rate training zone is 104 to 161, which is 55%–85% of 190.

RATE OF PERCEIVED EXERTION

Rate of Perceived Exertion (RPE) is one of the easiest ways to monitor exercise intensity. By becoming familiar with the RPE scale, you can continually assess your level of intensity and insure a level of exertion that is comfortable. An increase in exercise intensity is directly related to elevation in exercise heart rate. Consequently, RPE can be used alone or together with heart rate when monitoring exercise intensity.

RPE SCALE

0	Nothing at all
.5	Very, very weak
1	Very weak
2	Weak
3	Moderate
4	Somewhat strong
5	Strong
6	
7	Very strong
8	
9	
10	Very, very, strong

Maximal

The recommended RPE range during exercise for most people is between 3 (moderate) and 5 (strong). The RPE should be independent of your pace.

BALANCED FITNESS

While cardiovascular exercise has been the primary method of fitness for many programs over the years, it should not be the only method. Strength Training and Flexibility Training have become more popular as exercise has developed. Incorporating Strength and Flexibility Training into your current exercise program will give you the balance you need to improve your athletic performance, reduce susceptibility to injury, increase metabolic rate, increase bone density, and reach your goals faster.

STRENGTH TRAINING

Strength Training was once known as an activity performed by young males only. That has changed with the advances in scientific research on Strength Training over the last 20 years or so. Research has proven that, after age 30, we begin to lose muscle mass if we do not incorporate Strength Training into our exercise program. With this decrease in muscle mass, our ability to burn calories decreases, our physical ability to do work decreases and our susceptibility to injuries increases. The good news is that, with a proper Strength Training program, we can maintain or even build muscle as we age. A proper Strength Training program will work the muscle groups of the upper and lower body. There are now many options available for Strength Training including: yoga, Pilates, selectorized machines, free weights, stability balls or medicine balls, exercise tubing and body weight exercises, just to name a few.

Recommendations for a minimum Strength Training program include:

FREQUENCY: Two to three days per week

VOLUME: One to three sets consisting of eight to 12 repetitions.

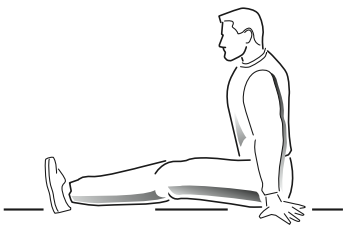
STRETCHING

Flexibility Training is not associated with fitness as often as cardiovascular exercise or Strength Training, even though it is just as important. A good stretching program will help to maintain flexibility of the hips and lower back. A flexible person will be less likely to injure themselves in common activities, such as reaching, twisting and turning, or in uncommon activities such as the annual softball tournament.

Before stretching, take a few minutes to warm up the muscles because stretching a cold muscle can cause injury. Start your stretch slowly, exhaling as you gently stretch the muscle. Try to hold each stretch 15 to 30 seconds. Don't bounce when you stretch. Holding a stretch offers less chance of injury. Don't strain or push a muscle too far. If it hurts, ease up. Here are a few stretches you can incorporate into your exercise program:

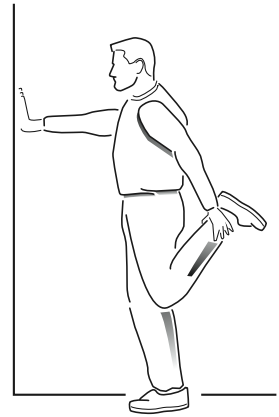
SEATED TOE TOUCH

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers toward your toes, exhaling as you go. Hold for 15 to 30 seconds. Return to the start position, and repeat as necessary.



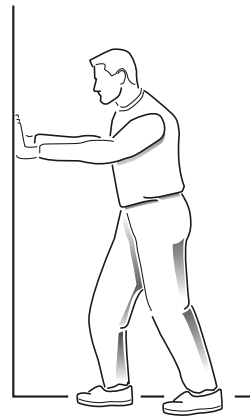
STANDING QUADRICEPS STRETCH

Using a wall to provide balance, grasp your left ankle with your left hand and hold to stretch. Your knee should be pointing toward the floor. Hold the stretch for 15 to 30 seconds. Repeat with your right leg, and continue to alternate as necessary.



STANDING CALF STRETCH

Standing about three to four feet from the wall, take one step forward with your right foot. Place your hands on the wall in front of you. Bend your right leg slowly, using your movement to control the amount of stretch in the left calf. Your left heel should remain on the ground. Slowly bring yourself back to the starting position and switch legs. Repeat as necessary.



Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

January

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

February

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

March

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

April

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

May

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

June

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

July

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

August

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

September

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

October

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

November

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

December

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

it all starts with a

vision

500 South CP Avenue • P.O. Box 280
Lake Mills, WI 53551
toll free 800.335.4348 • phone 920.648.4090
fax 920.648.3373
www.visionfitness.com

©2006 Vision Fitness. All Rights Reserved.
9.06
OM18.17PRD
REV2